

# Okra and Greens

**Makes:** 5 servings

## Ingredients

- 1 onion (small, finely chopped)
- 2 tablespoons corn oil
- 1 1/2 packages greens (1 pound, shredded)
- 16 okra
- 4 chili peppers (finely chopped and crushed)
- 1 lemon
- 1/4 cup water

## Directions

1. In a large heavy pan sauté onions in oil until golden brown.
2. Add remaining ingredients and about ¼ cup of water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.

**Source:** Ohio Commission on Minority Health Opening the Door to Good Health Cookbook, Healthy Recipes from Around the World

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>100</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>30 mg</b>
<b>Total Carbohydrate</b>	<b>12 g</b>
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available